

Program Guide January 2023

Beginner Pickleball Lessons

Thursdays, January 5 - 26 at 9:30 – 11:00 am

If you have never played Pickleball before, these lessons are designed especially for you! The 4-week course will cover the basics of Pickleball rules: safety, dinking, serving, etiquette on the court and more. Pickleball balls will be provided for use during class time. Practice will be on an indoor modified court. Bring a bottle of water, wear comfortable clothing, tennis shoes and a pickleball paddle helpful but not required. **RSVP by calling 336-992-3180 and \$20.00 cash instruction fee due first day of class.**

Knitting Lessons

Fridays, January 6 – February 27 at 10:00 am (4-week course)

Come, “ Sit and Knit for a bit” with knitting instructor Tijuana “TJ” Bolin. Learn to knit or refresh your skills. This course will teach you how to read a knitting pattern, cast on, cast off and how to create stitches. T.J. will offer two projects. **\$15.00 (cash only) class fee and RSVP two business days in advance by calling 336-992-3180 and for supply list.**

New! Ukulele Band

Mondays, January 9 – February 27 (8 weeks) at 1:00 pm

Open to all levels, beginner ukulele players to advanced. You will learn songs arranged so that everyone can play at their skill level. We will perform as opportunity and time permits. The main objective is to have fun together! See a large group doing this and having a blast. https://www.youtube.com/watch?v=zwde7-Wn_Aw **\$40.00 class fee due first day of class. RSVP by January 6 to 336-992-3180.**

Beginner Ukulele Lessons

Mondays, January 9 – February 27 (8 weeks) at 2:30 pm

Instructor Allen Alston will provide beginner lessons for those who want to learn how to play the ukulele. You will need to bring your own ukulele. \$40.00 instruction fee. **Please call (two business days in advance) 336-992-3180 to RSVP for more information, the lessons, and how to rent a ukulele.**

Crochet Lessons - Begin 2023 with a New Project

Mondays, January 9, 16, 23, and 30 at 2:00 pm

Meet Jane Jester as she teaches basic crochet stitches or if you already know how, improve your skills. We will learn basic crochet stitches, how to keep your edges straight and how to read and follow written crochet patterns. Beginner students will make a dishcloth as a learning project. Intermediate students need to bring hooks, yarn, and a pattern for what you would like to make. **Call for supply list, RSVP, and \$40.00 fee (cash or check) due first day of class.**

Quilted Jacket Lessons (4 weeks)

Tuesdays, January 10 - 31 at 1:00 pm

In this class Linda Whicker will show you how to make a "one-of-a-kind original" quilted jacket. This class combines patchwork, quilting, and sewing. It is for the intermediate sewer/quilter. You will enjoy your finished jacket and will want to make more than one for you and the family. **Class size is limited. Class fee \$35.00 (cash) first day of lessons. RSVP required by January 6 call 336-992-3180.**

Cards By Robin

Wednesday, January 11 at 10:00 am

Bring a friend and come create three original hand-made cards with beautiful paper, inks, and stamps. Beginner and experienced crafters are welcome. All you need is adhesive (glue or double-sided tape) or you can purchase them on the day of class (tape is \$2.00 - glue \$5.00). Class fee is \$12.00 and that includes all supplies for your cards and envelopes. **Contact Robin Nicholas at least a week in advance of each class to reserve your seat. Phone: 336-317-3892 or email: CardsbyRobin19@gmail.com**

Program Guide January 2023 (continued)

Recipe Share Time - January Theme: Ethnic Dishes

Thursday, January 12 at 11:30 am

Let's Eat!, ¡Comamos!, 讓我們吃吧!, or Mangiamo! No matter what language you choose to say it in, food and eating it is a world-wide pleasure! Make and bring your uniquely inspired version of an ethnic dish to share. Include a copy of your recipe, listing all the ingredients. General information and tips will also be shared. **RSVP by calling 336-992-3180 two business days in advance.**

Conversational Spanish

Thursdays, January 12 - February 15 (6 weeks) 2:30 – 3:30 pm

In this fun, dynamic, 6-week class you will learn the fundamentals of conversational Spanish. Shannon Barber will teach vocabulary words in various situations such as travel, ordering a meal, asking for directions, and engaging in basic conversations. No prior experience necessary. **\$12.00 cash fee due first day of class. RSVP by calling 336-992-3180 two business days in advance.**

Assisting an Individual with Personal Care Hybrid Class

Wednesday, January 18 at 10:00 am

Join *Home Loving Care* for an informative program about the day-to-day activities surrounding hygiene. Demonstrations with assistive equipment as well as directive assistance will be discussed. Refreshments provided. Participate at The Shepherd's Center or view from the comfort of your home on *Zoom*. **RSVP and for your *Zoom* connection (if needed) by calling 336-992-3180 two business days in advance.**

Salad, Sandwich, and Soup Lunch

Friday, January 20 at 11:30 am

Meet your friends or make new ones as we enjoy a meal together during the winter season. Bring your favorite crock pot of soup, salad, sandwiches, dessert, or drink with enough to share. **RSVP by calling 336-992-3180 two business days in advance.**

DIY Tier Tray

Monday, January 23 at 10:00 am

Learn how to make a beautiful tier tray using a mix of plastic trays and plates. Your unique tray is a great way to vamp up your home décor without investing a huge amount of time or energy and add space anywhere. \$5.00 cash fee due first day of class. **RSVP by calling 336-992-3180 two business days in advance.**

Ways to Keep a Healthy Smile

Thursday, January 26 at 11:00

Join Mashica Jefferson Tobias, Public Health Dental Hygienist for the Forsyth County Depart. of Public Health for a dental education and information session. The program will discuss dental health problems and ways to keep a healthy smile and share ways dental health affects your overall health. Get on the dental health track so that you and loved ones can have a healthy smile. Information will be for all ages. **RSVP by calling 336-992-3180 two business days in advance.**

Cooking Demo and Nutrition Education with Special Guest Chef

Thursday, January 26 3:00 pm

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with *Share Our Strength's Cooking Matters*. Join Sruthi and the Chef as he creates a healthy savory dish, and shares samples. **RSVP required by January 23rd by calling 336-992-3180.**

Air Plant Terrarium

Friday, January 27 at 1:00 pm

Join Marlise as she provides all the materials needed to create your own living miniature landscape including air plants which will liven up any space. This easy project can be made in about an hour. **Absolute RSVP and \$6.00 (cash only) supply fee due by January 23.**